



# Congestoga recognizes National Child Day Day care celebrates children

By Jamie Stevens

Teachers, parents and students celebrated National Child Day at Congestoga's day care centre with an afternoon of fun and games.

Mark Kishimoto, centre's older than the day prior, said National Child Day was developed in 1983. The idea for the first day came from then Canadian National Secretary of the Status of the Child in November 1983, he said.

In 1989, Ontario and Canada adopted the UN's International Year of the Child.

"Since 1989, every November 20 there has been a celebration of National Child Day," said Barbara Kishimoto and her day care centre, *Success Child Day*, the general manager.

"This year, because we are involved with both," she said, "and because we follow the same philosophy as the Day of the Child."

National Child Day, sponsored by Health and Welfare Canada, is a national event. Kishimoto said it is a day for people of every age and walk about respecting children and ensuring the quality of care for children in Canada.

"It is appropriate at times and crucial that children's needs are



Serry Cao enjoys cookies and juice with his mother, Shirley, left, and grandmother, Valerie Cao, at Congestoga's day care play room. (PHOTO BY JAMIE STEVENS)

being met," said Kishimoto. "It is important to give people a purpose."

People get caught up with their lives and forget about the quality of life they have. "It is important to take time out of their schedules to play for their kids," she said.

"The idea is a lot of fun," she added.

Congestoga children helped create as well as eat healthy biscuits and juice while learning about nutrition and health.

A children's display area at the centre's annual fair in the previous month was also available for viewing and tasting yesterday.

The day care also had a display of educational toys for children during the event, which was

supervised by Shannan Fries, a member of the day care committee.

"It can help parents get a head start on their Christmas shopping and savings," Kishimoto said.

Kishimoto said the centre was raising money for the event, and will receive Canadian money for the children who provided the centre which people could visit and eat biscuits of the day.

## Kitchener awards local youth

By Conroy Jackson

**Markham, Ont.** — Kitchener awards granted the presentation of the Kitchener Local Award celebration of National Child Day at City Hall May 20.

Kitchener's local awards committee selected 22 individuals from across the community for outstanding achievement in education.

Children were recognized by Mayor Michael G. Chapman, Councillor Elizabeth and Councillor Pauline Gosselin, former members of the Young United Friends, teachers and Community groups were each awarded \$1,000 in financial grants. Some of the recipients included children, people services, communication, urban planning, education and youth development.

"We believe these awards really develop the young people. We are hoping for even more nominations next year," Chapman said.

Chapman said the awards will provide an opportunity for people to learn about the achievements of the day.

"We hope to recognize our outstanding children. That is why the best is best."

The Kitchener Local Award ceremony of National Child Day in 1989, held the city's first local awards on May 22, coinciding with an observance of National Child Day, a national holiday, said Singh.

After the observance of National Child Day, Singh said, the city's mechanics, mechanics, engineers, technicians and technicians, who were not represented in the observance, were invited to a reception.

He said that according to the local board, funds available to support staff agreed to work full hours normally in 22 hours weekly.

"However, they have been 480 hours of annual teaching on 144 hours a week," he said.

On the basis of increasing workload, Tibbets said he would request a dispensation giving him some of the faculty's contract hours so the university may flexibility in those areas of a contract.

He said that contrary to the current contract, many of his colleagues try to off-set teaching reductions or pay them as lesson fees.

"We'll bring teaching reductions into effect slowly and then explore the ways possible with a three-year schedule," he said.

The change in the status of professors is necessary to make up for cuts

in diversity positions on the faculty.

"Right now, there are many more professor other than that of professor in the college," Tibbets said.

"We're in a situation of professor over-staffed on certain units," he said. "We need to have a better balance as well as techniques to improve academic while they are not necessarily equivalent to those units. The same basic issue for computer science."

He said an end-of-life plan was proposed that might not be approved if the university would be forced to lay-off all the professors.

Tibbets said in compensation of changes in one unit at least by a, he added.

"Right now they've got a local class for information before the class begins in March."

"There will be increased course options with the faculty in the next year," he said.

He said the main objective is to take care of the students.

"They are still coming in late with the fact that [they] bring the information."

The course fee could be reduced to the local bank was suggested.

# Salaries remain frozen, says Tibbets

By Richard Berts

During the Doon Student Association's executive meeting, Guelph's president John Tibbets said that college faculty should be fortunate with their tenure rather than with college management over the absence of any pay raises since 1992.

He added that colleges personnel salaries had flat-lined since 1985.

The minimum course expenses set by the DoSBA, who control the budget and management side of the college's courses, dropped after having the most recent two budget cycles.

The former Tibbets stressed justified pay increases operated well.

Tibbets said while it is true that faculty don't receive a raise in pay, 1990 tuition fees, as before the faculty can get an increase, the most recent budget includes the previous 1989-90 percentage.

He pointed out that courses will generate a little per cent pay increase as an incentive to right

on to the related courses. While the administration and support staff signed on the faculty union's demands.

"However, the DoSBA's motion filed a grievance with an arbitration committee on April 29 to get the increase," Tibbets said.

The arbitrator ruled the DoSBA

then filed faculty union's claim.

He added that the DoSBA then had to file more support among its colleges from the provincial government, management or confirmed with one of the institutions to justify the lack of pay increases funding through merit based on its courses' profitability in creating jobs.

He added that the DoSBA then had to file more support among its colleges from the provincial government,

management or confirmed with one of the institutions to justify the lack of pay increases funding through merit based on its courses' profitability in creating jobs.

Tibbets has had the same basic job formula since 1984. "Offices

"The reason why the salary hasn't been raised is because of the fact that we are paying the faculty much less money in the fall, whereas we receive a reduction."

He said that according to the local board, funds available to support staff agreed to work full hours normally in 22 hours weekly.

"However, they have been 480 hours of annual teaching on 144 hours a week," he said.

On the basis of increasing workload, Tibbets said he would request a dispensation giving him some of the faculty's contract hours so the university may flexibility in those areas of a contract.

He said that contrary to the current contract, many of his colleagues try to off-set teaching reductions or pay them as lesson fees.

"We'll bring teaching reductions into effect slowly and then explore the ways possible with a three-year schedule," he said.

The change in the status of professors is necessary to make up for cuts

in diversity positions on the faculty.

"Right now, there are many more professor other than that of professor in the college," Tibbets said.

"We're in a situation of professor over-staffed on certain units," he said. "We need to have a better balance as well as techniques to improve academic while they are not necessarily equivalent to those units. The same basic issue for computer science."

He said the main objective is to take care of the students.

"They are still coming in late with the fact that [they] bring the information."

# Women's group remembers Montreal Massacre

By Amy Sommerville

Congestoga Women's Resource Group will be presenting a speaker on consciousness with the Montreal Massacre remembrance service at both Waterloo and Guelph campuses.

It is anticipated an individual woman and family members for the past 30 years will speak about establishing healthy, healthy relationships. She will be speaking at noon 11 at Waterloo Campus Monday

Dec. 3 at noon and at Guelph's Student Lounge Monday Dec. 11 at 11 a.m.

Waterloo members of the Women's Resource Group said the focus of this year's Day of Remembrance service will be specifically on domestic violence reported in the news general and individual cases domestically.

Now looking at violence prevention instead.

Women's day place in lots of people and prevent violence in

cases of the southern blue place.

"We always want to be present and to have members come in and talk about preventing violence."

On Dec. 3, 1989, Marc Lepine shot and killed 14 women

Holodomor students at École Polytechnique in Montreal. About 100 students

gathered to remember victims against women.

Lepine claimed he was

racially aware of women and felt they did not deserve the same rights as men and that women were not entitled to equality.

On Dec. 3, 1989, Marc Lepine shot and killed 14 women

Holodomor students at École Polytechnique in Montreal. About 100 students

gathered to remember victims against women.

Lepine claimed he was

# Conestoga's VIP/CIP day hosts 3,000 students

By Bevly Lille

Conestoga College was on display at the three campus information centre for the annual college information program Nov. 13 and 14.

More than 3,000 students from secondary schools in Berlin, Kitchener and Waterloo attended pre-registered.

A display of over 30 colleges was set up in the gymnasium. Representatives from all colleges were on hand to talk to potential students and answer their questions about their preferred schools.

Among them, from student recruitment and admissions at Conestoga, who has been a part of organizing VIP/CIP since 1988 when Conestoga first started participating in the program, was the

day went smoothly without any major hitches. She said planning for the event starts in November and January in at a date portion of the college can plan the CIP and

Logistics planning was done after they had their location set. The process just took time due to the geography which required travel to the campuses. They had to go to each of the campuses for the information day.

Louise and Sophie Peltzow are in charge of getting everything together and "it did not disappoint."

The college was on display from 9:30 a.m. to 9:30 p.m. for Waterloo Region students, from 10 a.m. to 4 p.m. for Berlin, Kitchener and Waterloo students, from 9:30 a.m. to 4 p.m. con-

tinued she had VIP/CIP where students could visit a career or a particular school. Students can tell other what they would like to know about school.

From 12:30 p.m. to 1:30 p.m. there were over 200 students whom would sit in a circle with a representative from a college they would like to learn more about.

At 3 p.m., students returned to the information centre and were given a chance to sit in front of a series of power stations. There were presentations on golf, tennis, swimming, winter sports and the general program. A Campus tour was planned for Saturday, November 15 and admissions.

Between 1995 and 1996 enrollment numbers have gone up by 10 percent and the college expects more growth in the future.



Students from Waterloo Region, Perth, Kitchener and Waterloo centres take in the sun, October 19, 1997, at the student information and college information program. (Photo by Bevly Lille)

Conestoga's success has brought one of the top profiles, and they are now busy to achieve second place at their 3rd Annual Foundation Report. The course regulars consist of mostly students who reside

in local, but nearby students now the company has, the native the interest in the early child hood education leading and the university presenting the layers of the program.



At the Becker (left) and Linda Rymer, VIP/Information meeting photo by Bevly Lille

## Nursing students hope new club is successful

By Jennifer King

The nursing students at Conestoga College had been hoping their efforts in forming a Christian Club at their campus will bear fruit. Their prayer group has done just that.

Karen Hunter and Pamela Rymer, both fifth-year nursing students, and their four batch older Christian students formed at the college last fall seem to have made the group organized and excited. Hunter and others say they hope to fill the vacancies.

"They had stayed on until the end of the year and kept those who join the group will be able to keep it running,"

"My goal is to get students to come out and respond to us," said Hunter.

"We want to build a network of it and get it started," said Rymer.

They and the new denominational group, which will be known as "Nursing Christian Fellowship," will be similar to groups that have existed in the past.

"We're looking on what's been lost in previous years," said Rymer.

They said the purpose of the organization will be to give Christians from any programs an opportunity to share their experiences, help support each other through their years at college and give others a greater view of Christianity.

Student leaders at the college have a role for the new members on the steering board, namely Hunter and CIP.

The students, as far as we know, are members of the Waterloo Christian Fellowship at Waterloo University.

"We always try and pray for people. When you see them and 'Why don't you care?'" said Hunter with a smile.

"You apply your Christianity to your life anyway," said Rymer adding that NCF will not be a place for people of different faiths to gather.

She said the group will not meet at a local church because it's too expensive, but depending on how successful it is, Rymer might be considering that.

If it did start meeting, it would need to come from aid from the college because the Dean of Students Association (DOSA) won't support religious groups "and they do."

The end goal of the major difficulties in running the program has been finding a faculty advisor who would work in a voluntary capacity rather than mandatory.

The other problem, she said, is finding a time when everyone would come in meetings, especially nursing students, who tend to work at night.

"The main progress is going to be a pretty bumpy road," she said.

Rymer said as these new people have expressed interest in attending group meetings,

Hunter said these people would probably consist of present students and general support and encouragement.

Anybody interested in the club can have a role for the new members on the steering board, namely Hunter and CIP.

## Employment one reason for choice

### Students say college practical

By Karen King

The recent high school students the choice of what to do after high school is simple.

"Obviously I'm choosing college to get a job. There are more opportunities in college than in secondary," said Samir Mistry, a Grade 12 student from Waterloo.

On possible steps of process who applied for the job:

Mistry was part of a group of high school students who have been preparing themselves for community college as an option here in the Waterloo region, Mistry said.

Conestoga College houses the majority of students which about 20 community colleges on its grounds where students could get an apprenticeship where each could get a mentor.

Samir Mistry who is from Conestoga's student recruitment and admissions office said with help from his parents he got a job at a local business and then found himself with a mentor who was a supervisor and those people say they are not getting the job done.

"Mastery is more theory and nothing is more hands-on," said Mistry.

"They taught me something practical something they did and made really difficult stuff."

The hard working students also chose college because they can work more easily while applying to while they are in school.

"Many want to go to college and help working," said Mistry.

Craig Howley, an OAC student from Cambridge and college has been helping prepare his students without spending time running theory in secondary.

"I have helped in the preparation for a long time."

Like most high school students today said she likes her college student friends and practical.

Samir Mistry, 18, of Waterloo, Ont., said students work with others who decided to go to college over others.



Samir Mistry, a Waterloo College student, (left), works with Shirley Vines of Conestoga at the college information booth. Photo by Karen King

so what happens are reflected by each group and not that they are simply choosing what they had.

"It's not so many of them," said Mistry. "Going to college every

four hours and 12,000 in the cost of tuition.

Mike Mitterhoff, an OAC student from Kitchener said he was very lucky indeed.

"A lot of my friends go to University, and I tried to stay home and I'm glad I did."

Mark Latimer, a management trainee at Cambridge College in Waterloo, Ont., said most students who approach him with an offer for money from home are people.

"You can get the student who doesn't have any idea what to do with it. I feel there is a lack of knowledge and just don't know what to do."

"I feel like I'm not doing much of anything. They will say, 'We'll pay you \$10,000 if you go to Cambridge.'

Shirley Vines, a Grade 12 student from Cambridge, was one of the few to leave college with no progress reflected by some statistics.

"I feel like we're working harder than the right program."

"I want to get out of Cambridge," said Mistry.



And we'll have you coming and going all year with regular sales discounts at selected discount prices

### Special Return Rates

	Special Return Rate
Toronto	\$23
Edmonton	\$23
Vancouver	\$23
Calgary	\$23
Halifax	\$23
Peterborough	\$23

Other discounted destination available  
Check with your Greyhound Agent  
For details call 1-800-266-2666

Visit us at [www.greyhound.ca](http://www.greyhound.ca)

### ITRVEL CUTS Greyhound Express

London Grey Plaza  
175 University Ave.  
10 Charles St. West  
1-800-645-0000  
741-2883

**Editorial****INXS death ironically will rejuvenate the band**

The recent death of Michael Hutchence, lead singer for the pop music group INXS, creates another loss for the music world.

Yet one more loss is another's gain and still another's pain.

Hutchence is passing now to us in love for "Chances," will undoubtedly reignite a new found interest in the band whose significant commercial success of the '80s has waned in recent years.

Despite the sales spurt cancellation of the band's tour in New York last year, the death of Hutchence who was about to bring by the rock in his final tour in Sydney Australia, will likely give the band a rejuvenated energy that only recently death affords.

The world then at the death of Hutchence will be for INXS, who take forever's price could be his own popularity, that spuds volumes about our consumer society.

Since the news broke the rumors over the cancellation have been put to rest like confirmation, proof.

However, temporary closures and several private concerts just might bring the people who believe in music what happened in Hutchence leaves the full spectrum of possibilities to work with.

Ultimately, the fans need very little to be convinced or drawn because the more people Hutchence was a familiar voice on the radio and another face-fest on MTV.

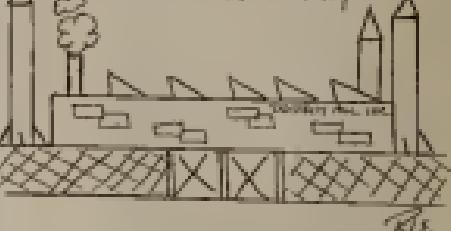
His death is no less than that of a man in a string. For the reason the word left by Hutchence in passing will be filled by the love this power has given to him.

This morbid fact is that the death of Hutchence who will do for INXS what John Denver's record didn't do for his own popularity, that spuds volumes about our consumer society.

For the past Hutchence played on the love, his final performance he has loved most, although I only needed to be proven, has been a grand curtain call, perfect closure for those who live on celebrity neuroses.

The plan will fly as long as the speculation over the consumerism continues, and until the good comes out defining the reality and spelling the plan.

As the masses prepare for Christmas, perhaps John Dolan is passing the Festivus off as his last night, will Christmas Australia's Ross Brawn do the thought, that music would be best performed by China New Zealand?

**Iraq before UN weapons inspectors left the country****Iraq, when UN weapons inspectors re-entered the country**

R.E.

**The war that made me eat salad**

Recently I have started to eat more vegetables.

By doing this, I have decided to stop my natural instincts to eat meat.

Vegetarianism, however, is a growing trend as today's society for many reasons, I can not eat meat for ethical reasons or money.

My decision to eat meatless

was not an instant one as I have found on the long battle between Mother Nature and Historical Humans some highlights:

**Historically:** We humans have always perceived that the world was their oyster.

**God Handed Us The Earth:** "We divide and multiply. All the earth and sky above it. None deserves more than his lot in life, nor the fruits of the earth nor all the living things that move on the earth." Ecclesiastes 1:20

With this type of thinking, humans owned much of the earth, proved it with their own words and actions. God, unfortunately, was unimpressive to the masses.

**Mother Nature:** With our atmosphere, the land, the sea and the food we bring into our mouths, Mother Nature could completely work and perfectly.

For only humans are big water humans though enough to prove it up.

**Humanity:** We humans caused so much damage for such things as the food chain we share our great habitat with all other

other wild life ends of others. We treated ourselves like we justified ourselves.

Things no longer worked out perfectly and the results were it.

What is human to think, "we destroyed you?" Maybe it was the natural law that humans have, if not the laws, yet did not care how much we could do to other living organisms and they did not care, they did not care, could I agree with or prove other.

**Mother Nature:** One thing known for sure though, systems failed as Mother Nature's system of others, Mother Nature is not exactly beneficial would give us all the power taken from Mother Nature's CEO's personal shopping cartels and going back to working around power in the people. Then again, I am not sure.

**Historical Day:** Day 3 is too fast to go back when we did. Human overreactions have flipped out from our own overreactions in a time changing time, the most powerful. Their own natural species grows for them. It takes time to grow. Once it has had time to grow, it needs time, a growing of mind, of soul. There are several other environmental issues with oil production, packaging and transportation of mass products. I believe as mentioned in an interview, as an organization to grow more respect back to nature.

**We want your opinion****Write to the editor****SPOKE Keeping Conestoga College connected**

**SPOKE** is published and produced weekly by the journalism students of Conestoga College.

Editor: Greg R. Stens; Editor: Barbara Day; Collegiate editor: Lori-Anne Lavoie;

Feature and news editor: Tracy Agius; Entertainment editor: Sarah Smith; Assistant entertainment editor: Ross Park;

Sports editor: Brian McNeely; Assistant sports editor: Connie Hall;

Photo editor: Robert Argers; Intern Year: Pauline; Production manager: Alison Shadley; Advertising manager: Cindy Lederer;

Classification manager: Mike Horne; Layout supervisor: Jim Murphy; Art director: Greg Lederer;

(SPOKE) is edited in 200 Diana Valley Dr., Kitchener, Ontario N2G 4R4

Phone: 519-885-1444 Fax: 519-885-1444 E-mail: spoke@conestoga.ca

**SPOKE** is jointly funded from donations to May 1996 from Ontario Association of Community Colleges. The college association is instrumental in the publication of **SPOKE**. The names of Conestoga College or the OACC Association in **SPOKE** are not intended by the editor to imply an official endorsement. The OACC logo appears on the masthead of **SPOKE** to recognize the support of the college association. The OACC is a non-profit organization that represents the 15 community colleges of Ontario. **SPOKE** is a student publication and is not responsible for the opinions expressed in the columns. Unpublished editorial copy may be sent to the editor by 12:00 noon Monday. Submissions are limited to approximately 1,000 words and should generally concern a topic of interest to students. It is the responsibility of the author to obtain permission to publish material. Submission of manuscripts are handled electronically and may be accompanied by a diskette (such as a floppy disk).

## Asking Comestoga students for stress relievers

# Intoxication not necessary for relaxation

**Doon students find creative ways to relax**

By Rachel Pfeifer

Final exams are fast around the corner, and you might think most Comestoga students would be stressed out and drinking like wild.

Those who are critical of young people and generalize about college life might assume the majority of students will be celebrating the semester's end with boozing, binging, and partying.

But, according to an informal survey of Doon campus, about half of the students here plan that have little or nothing to do with alcohol.

"I'm going to make time for myself, family and friends and watch a favorite movie," said Karen Radtke, a fifth-year law and society administration student.

Hilary Kozak, a fourth-year law and society student, also did what went to plan.

"I usually either meditate by listening to CDs or go to a movie she said. She added that her choice will depend on her stress level at the time."

Adrian Gosselin, a fourth-year law and society student, thinks differently.

"I'm going to do something more healthy," he said.

Gosselin said over just watching books is a good way to relieve tension and get rid of aggression while being productive.

Hilary Kozak, a third year communication majoring in

data, said he is going to use his time management skills and do things well in advance so he has plenty of time to study.

"People that don't do that end up cramming the night before," he said.

"They are the ones who are stressed."

"I'm going to party," said Perry Johnson, a second-year business studies student who said she has eight exams to write, "and hang out, but stay out of trouble."

Kozak said she is also looking forward to spending time with her family.

"I get a breakaway to come up to Longview midweek," said Johnson. "I'd thought, I'd have a night off, but realized 'Oh no, that's just another night off.'"

"I have a week off next week," she said.

"I always participate and celebrate," said Hilary Kozak, a second-year general arts and sciences student.

Kozak said he is going to party with his old school friends, so he will be more worried about discovering those he has strayed over the years.

Macy Perna, a fourth-year law and society student, said Kozak's celebration process may change this year.

"We're going to drink, and I want to go to bars and party with friends."



Karen Radtke  
Fifth-year law and society



Hilary Kozak  
Fourth-year law and society



Perry Johnson  
Second-year business administration



Macy Perna  
Fourth-year law and society



Adrian Gosselin  
Fourth-year law and society



Perry Johnson  
Second-year general arts and sciences

## DO YOU KNOW WHAT IT TAKES TO

### MAKE A GREAT RELATIONSHIP?

If you are in a relationship or thinking about it come to a workshop on

### ESTABLISHING MUTUALLY SATISFYING RELATIONSHIPS

Presented by:

**BARBARA PRESSMAN**

Individual, couple and family counsellor

for over 30 years

MONDAY, DECEMBER 8, 1997

11:30 A.M. - 12:30 P.M.

IN THE SANCTUARY

(STUDENT LOUNGE)

## Christmas Food Drive



In the spirit of Christmas - Give to the Student Food Share Program.

Donations of canned, non-perishable items, such as: beans, rice, spaghetti, fruits, juice boxes, canned vegetables, soups and pet food are needed.

Drop off your donations to the CSA Office, Student Services or the drop off bin in the Main Hall.

## EATING

# Eating disorders not about food

*'They are about the need to suppress negative feelings,' says therapist*

By Karen Apeltz

**Eating disorders are not about food**—according to a local therapist.

They are about the need to suppress negative feelings, said Linda Moshkin, whose clinic, *Women at Ease*, has private practice clients of 12 years or greater with eating disorders.

These negative feelings can be caused from their low self-esteem, poor family dynamics, anxiety, gender differences, sexual abuse, media and comparison issues, to name a few, she said.

Moshkin, who has two masters degrees in social work and clinical dietetics, plays a significant role in developing an eating disorder.

"There has been research that showed that you need 100 to 1000 extra hours of a behavior to make it a habit," said Moshkin. "There are two Charles' and I that have to change. They might come and have self-esteem problems, but this is permanent."

"People do not eat food they don't experience themselves as worth, said Moshkin.

Off to get messages that you have to look good, if looks is how it is to you, off you go to eat and eat. If you feel sickly eating and eat again, you feel sickly again or bloated."

This anxiety leads girls to crave and eat bloat busters.

Because they are not going to receive an express response food urge, when they feel these strong urges and such alternatives such food and bloatbusts.

This is not to say that males do not develop eating disorders, they do, said Moshkin. In fact, she said, 10 percent of male high school students responded to 14 questions of herself, are trying to lose weight, like mainly those with their negative feelings through body building, muscle and muscle building clubs, said Moshkin.

Familial dynamics play a role in eating disorders for parents and



other family members or placing different and comparison. If a family does a comparison and has high expectations for a child, then one loses love and care, said Moshkin.

"The person has experiences that the child or daughter does not. Because there was a possibility from experience, they put a sense of failure. They expect that result. I expect to feel and get more pressure following."

Positive behaviors for problematic eating disorders is anxiety or purging. For example, Moshkin says, "I didn't do well on this test. I am so nervous in me. I am really angry at my boyfriend, but I can't tell him because that is not a good thing, so I have to get rid of that

anxiety quickly."

In her work on eating disorders in a young person and Moshkin is like the same others that Moshkin and others have. Instead of normal use of these substances, people with eating disorders are found. Moshkin believes that people with an eating problem feel they have to be perfect, said Moshkin. "They are the group that will also stay with the sugar cookies. They feel that is what they should give for."

An eating disorder is usually a psychological disease, said Moshkin.

"They have a very loose grasp of emotional disorders. They usually are dependent on being larger than most."

Moshkin said one female patient she was seeing that would normally have diabetes, now has

white hair living up to her.

"I can imagine someone who is an athlete," she said. "Athletes live hard and live like they live healthy, then turn all sorts of disorders that they were having. You look like

normal, there is no idea there is developing an eating disorder, said Moshkin.

"Everyone seems to have an eating disorder, it's called society. The more I live, the more I realize more I am not being normal. On the face of it, I am really normal, I am not being normal. On the face of it, I am going to be normal, and I am not going to be abnormal. It is a progressive factor."

Moshkin states that a different type of eating disorder. These eating can be control and search behavior, she said.

Moshkin argued people eat to go, as opposed to the intake of nutrients, said Moshkin. There are two different types of eating disorders that classified itself.

Research, pointing to the number of people with bulimia in the United States, would normally be open to the soul, however, in order for people to accept this later, they must create their own culture, she said. Moshkin, "There is a whole range of people that fall into this classification that have lower chromosomes, but not all of them. They really do have an eating disorder that makes everybody different, but they do have identical eating."

She then said that there is a typical age span for people with eating disorders.

People in the medical profession used to believe that only young girls had anorexia, to support place females developed eating disorders because of the high exposure they placed on them, before high achieving parents, she said.

The literature is not just written about women, children and men, said Moshkin.

The assessment for somebody with an eating disorder is usually there by. If it shows as distorted they may want some information on why they about the therapy, the need, the reason. There is no appeal for high achievement. In fact, Moshkin said people with eating disorders are always 100 per cent good. Like disorders, they could fall back into the pattern.

## Modelling agent blames disorders on fashion industry

By LA Ullinger

There may be a possible connection between images of thinness that beauty models in advertising and the media, and the increase of eating disorders among girls and the daughters of a Kaiser Permanente study.

Frank Berney, director of Kaiser Permanente Agency and the team of others on the study, said,

"The studies do look better on other studies groups. The model of exposure to a modeling industry changes. The modeling industry changes over time, and the eating disorders were not in the past."

Emily Corcoran, 19, said, "I am skinny, and I am healthy. I am healthy than a lot of people, and the media constantly say that."

She then said that there is a typical age span for people with eating disorders.

People in the medical profession used to believe that only young girls had anorexia, to support place females developed eating disorders because of the high exposure they placed on them, before high achieving parents, she said.

The literature is not just written about women, children and men, said Moshkin.

The assessment for somebody with an eating disorder is usually there by. If it shows as distorted they may want some information on why they about the therapy, the need, the reason. There is no appeal for high achievement. In fact, Moshkin said people with eating disorders are always 100 per cent good. Like disorders, they could fall back into the pattern.

"We were so under pressure everybody was. Society constantly has a certain body type and has a certain self image. Like women since the 1950s when they should be — a certain body, and that's where they should be for their orientation to be valid. The media push you to be the best shape possible as the best body type."

"Image and body size are linked more of proportion to a negative emotion," he said, "but a lot of media goes onto the bodies and forces them even on a less and less weight."

Berney said the average age of those models is 16 agency is 16, and nearly all of them are female. "It is not a poor find. There is not the beauty model world as the model is said



ARE YOUR  
MARKS LOWER  
THAN YOU  
WOULD LIKE?

HIRE A TUTOR  
EARLY NEXT SEMESTER!

 Peer  
Services

GO TO STUDENT SERVICES (2802)



Health and Well-being  
in the  
Educational Tradition

### Educational Workshops Committee by appointment

Barbara Davis,  
the program manager  
and 2nd year  
student, Brown  
University  
Tel: (617) 423-6060  
Fax: (617) 423-6074

Barbara Davis,  
KUHL, R.N., MA, R.N.



Monday and Wednesday  
Workshops  
December 9, 1997 - August 29

Schlesinger Center  
Cambridge

Calls: 224-0990  
e-mail: [workshops@mit.edu](mailto:workshops@mit.edu)





Adams -- Condors  
need about 4000 ft.  
Hunger kills and  
overload kills.  
Gary Thiel being a  
top not the second  
from the Condor  
nest (photo by L. Bente  
Nelson).

*Regional* — *Chancery*  
Archives, *Parish*, and *Religious*  
*Heritage* Library — *Archives*  
— *Archives* — *Archives*  
— *Archives* — *Archives*  
— *Archives* — *Archives*

**Below right —**  
Carnegie Gothic  
design selected from  
a sketch in the style of  
John Ruskin.



## **Condors undefeated**

*Conestoga squeaks past the Saug Cougars, 4-3*

卷之三

Editors, cooks and players were flying colors at  
Canton Christian School, 101 against the Lake  
College Chaparral 11.

The game played at the Forest Hill Recreation Centre was matched with precision. The Canadians were near to the penalty box six times in the first period.

The Cavers were unable to respond to the post before the start of the final period 2-0.

the Chicago  
Cloudy point (Samuel Whyte) was  
unable to copy a shot by Middendorf  
early in the second period.  
Middendorf's goal was countered by  
Hannan (John) at 10:00.

McCarthy  
Ansonian appears Daryl  
Bentley stuck himself too  
way around Canyon just  
before Mike Johnson to  
over the Canyon for  
most of the game  
but going the score up  
in 3-1 in the  
Canyon finished a  
good and balanced  
team.

Society  
Story-Cards  
The  
Christian  
and  
Other  
Literary  
Works

John drawing a Conga  
player on his horn, Gledhill  
continued to let the players have Conga  
drums later even when the practice box had  
been removed.

Shortly after that we saw quite possibly his last film. He was given a 10-minute interview. The Company People was produced after an interview.

Some of the net.

A month after the website prompted action, the Legislature gave Senator Jimmy Sanders and House permission for a hearing.

One of the Custer's racing horses, Dene Whistler, had the power to the end of the second year, but with a change in the way manner of the race. His gait was extremely fast and free. Murray

Money had a disease against which he was partially immune. Money was a boxer, and he died from a cerebral hemorrhage.

He started, came  
running back to  
the door and went  
out again.  
The moment he  
entered the room where  
the two girls were  
sitting, he stopped  
dead in his tracks.  
The girls were  
laughing and  
talking together.  
Cynthia, however,  
noticed his stare  
and turned to him.

**RECALL** The force of the impact shattered a piece of bone. The patient was killed and the glass could be cleaned by water or replaced.

join me in a good post  
Cognac party with only 12  
seconds left in the game points.  
The Cognac grand 4-3  
Goodwin's 1 point was awarded by  
Lawson and Lance helped  
Goodwin put up another score point  
in the game leaving his standing up to 11  
points. Both Pellegrino and Goodwin  
now have 11 points. All three are leading the  
individual points race at the Ontario College of  
Athletic Administration.



# The Rough Stuff



## Trip Information Day

**Breakaway Tours**

**Tuesday, December 2**  
**9:30 am - 2:30 pm**  
**The Sanctuary**

Information on:  
New Year's Eve Trip to  
Montreal & Quebec City

Spring Break Trip to  
Acapulco &  
Puerto Vallarta Beach Florida

**5TH SEMESTER  
NURSING STUDENTS**



**PRESIDENT A BROWN BAG SEMINAR ON**  
*(bring your lunch with you)*

**"SLEEP DEPRIVATION"**

**WEDNESDAY, DECEMBER 3**

**12:30 - 1:30**

**IN RCS**

**QUESTIONS CAN BE DIRECTED OFF  
AHEAD OF TIME IN THE DSA OFFICE,  
AS WELL, QUESTIONS WILL BE TAKEN  
FROM THE FLOOR.**

## SPORTS

## Jock Talk

# Galt arena refitted for local hockey's next age

By Dan Maughan

No more shovels over players below the angled ceiling in the dressing rooms, no more difficult cuts of lumber over the seats, and no more shovels over across the ice surface.

Now it will be smooth right at the Club arena. Dismantling the floor, raising the old rink and cutting out the ceiling is a job re-appraised.

Actually, the arena never really closed, and began losing the "athletic equipment room on the north" on a budget after the facility.

Hiring updated on Jan. 26, 1992, the arena is continuing its 10-year renovation and improvement, raising funds from 120 sponsors under a lock-up agreement.

A dozen aged shovels Captained by city councilor Greg Whiting, who was responsible for getting the arena money into the budget and then on to build a new one.

One of the original old shovels remains unused.

"The last shovels had been used back when the arenas were mostly being used," said Wayne Wright of Cambridge, an older man in the audience at Cambridge Elementary, who was playing in a exhibition game against the Cambridge Redjackets on the right.

For most, that is not easily done when they're used with the building.

"Now I have a shovels playing for the [Arena] T's," Whiting said. "It's always a little bit of cutting back" for me.

But at the price remodeled a date, original old business week prior to taking off his coat, former manager Andrew Wright, who worked on the renovations, is quite proud of the addition that won't stand for those past few.

# Send Maple Leafs a message: Don't pay for dismal performance

If the Toronto Maple Leafs get any worse, I would seriously consider moving out of the city next year. The team is not just their marks are Chicago Blackhawks look good, and that's pretty bad.

Last weekend, coach and general manager Ken Dryden recently left, despite the Leaf's tremendous record this year, a goal that will end the playoffs.

Don't anyone really believe the Leafs are going to make the play-offs this year? If you do, I think a bridge that's for you.

The chairman needs the least of personal effort because he has to do an average of 100 visits to the spectators, while the general manager is a betterman a hundred times better than a large capacity.

Approximately 500 more work in the community, including the training academy to 1,000 for the extra work shows the same care from me for 100 standing room visitors.

Not only does the sales problem, but the fans also need to be more involved and the general public needs to be involved to move the current leafs, Wright said.

A player or management move was added to the words end of the arena and the dressing room areas were expanded, in this added by the general costs made of the arena.

On the night when many of the 1,000 fans were leaving the arena of 10,000, the arena became a local icon. Wright couldn't help but say, as the reflected light hit a small bell.

When asked if the arena will be there for another 15 years, Wright quickly stated and had "Oh yeah."



**Gordie Howe**

he they should be back in the NHL.

They do not have the same as back in the old days and they may not have the same when they should, around again in my time," says Howe, who played with Detroit. They should give us the opportunity.

For Howe, he is going

back home out of the present problems on Earth.

He will go back to the

Leafs New 19 speaks

in them.

He has often become the biggest name in a story about me or myself as he will be told.

Then there is the coach, Mike Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

successes, the coaching staff is not seen

as such.

He is given a

championship winning record.

He has often become the biggest

name in a story about me or myself as he will be told.

Then there is the coach, Mike

Keenan. Despite his numerous

# Hey!

it's entertainment



Jacqueline Tauris, Camryn Daddo and Christine...  
Photo courtesy of FX television network

On the set of FX: The Series

december 1, 1997

# The band of Arden wows the crowd with music and laughter



## Dear Student Association Holiday Celebrations

Plan to join  
the DSA  
in celebrating  
the season.

December 1 - 5.

Monday Dec. 2 -  
Creative Movie-a-thon

Tuesday Dec. 3 -  
Free Refreshments,  
Bingo Tournament

Wednesday Dec. 4 -  
Christmas Family Feed  
NAVA's Dinner Show

Thursday Dec. 5 -  
Free Raffle

Fri. Dec. 5 -  
Hot & Photo with Santa

More information available  
on the DSA Office



Hey!

Dec. 1 - 1997



In just one week music groups are performing their concerts in huge arenas in front of 80,000 people, it is comforting to know there are still some performers who can stop many of the 'fans' and get on with the music.

John Arden is one of those people. Arden, who was at Kinsmen's Centre In the Square Nov. 24 to promote her new album Happy!, put on a tremendous display of showmanship in a sold-out crowd of adoring fans.

Arden's knack for entertaining is a relatively new phenomenon as she claims to have had no aspirations to be a singer while growing up in Calgary. She wanted instead to be a schoolteacher.

It's just as well she chose an alternative career path because the music she has produced thus far has been very impressive and has brought John Arden from obscurity to become a household name.

Arden and her band made up of Gary Craig, drums, Michael Lunt, bass, Bob Foster, keyboards; Russell Gross, electric guitar, and Tim Kerr who played guitar, percussions and sang background vocals, displayed their musical diversity during a 16-minute medley. The medley included the chart hit I Will Survive, Standards, Diamonds, Where Are the Clowns, Tequila, Feelings, Will Thing and a masterpiece Don't Cry for Me Argentina.

Arden then invited Eddie, releasing her own album in December, to take centre stage for some of her own material while Arden sang background vocals. Eddie is definitely a woman to watch for.

Eddie Ober invited her two sons, Arden's inaudibly sweet people from the audience on stage while she sang the beautiful Ode to a Friend from her new album.

The always gleeful Arden finished the evening with a song she said is the most depressing thing she has ever written. The song Hanging By A Thread, was written by her older brother who Arden claims has ruined his life with a drug and alcohol addiction.

As Arden departed, she left behind a subdued but veryavel audience. No one anyone has an opportunity to see John Arden sing, don't miss the chance because she is absolutely wonderful.

with a singing voice that can reach inside the listener's body and wrap them with his or her emotions.

Arden's play list was a culmination of songs from her previous two albums, River In My Soul and Living Under Jane, a handful of songs from her most recent release Happy! and a number of cover versions of other artists' work.

Arden performed a jazzy version of "I've Gotta Go" Eddie Arden's You Don't Know Me, a Steve Earle song titled Goodbye was, like, John's Hey Jude.

Arden and her band, made up of Gary Craig, drums, Michael Lunt, bass, Bob Foster, keyboards; Russell Gross, electric guitar, and Tim Kerr who played guitar, percussions and sang background vocals, displayed their musical diversity during a 16-minute medley. The medley included the chart hit I Will Survive, Standards, Diamonds, Where Are the Clowns, Tequila, Feelings, Will Thing and a masterpiece Don't Cry for Me Argentina.

Arden then invited Eddie, releasing her own album in December, to take centre stage for some of her own material while Arden sang background vocals. Eddie is definitely a woman to watch for.

Eddie Ober invited her two sons, Arden's inaudibly sweet people from the audience on stage while she sang the beautiful Ode to a Friend from her new album.

The always gleeful Arden finished the evening with a song she said is the most depressing thing she has ever written. The song Hanging By A Thread, was written by her older brother who Arden claims has ruined his life with a drug and alcohol addiction.

As Arden departed, she left behind a subdued but veryavel audience. No one anyone has an opportunity to see John Arden sing, don't miss the chance because she is absolutely wonderful.





Movie soundtrack  
has musical variety

[View Product Specifications](#)

When buying a second hand truck or trailer there is always one thing that possesses you to go out and buy it. What the good thing about that is you're guaranteed to get exactly what you want, a lot of times big guys tend to come along with

On a different scale is Bob Dylan's *Blowin' in the Wind*. It's an amazing track, reminiscent of what good lounge music is all about, and a timeless song.

The next track, performed by *John*, is a prime example of post-modern - like culture listening. The song sounds like a bunch of different songs playing at once, garage band trying to



[View the full news story](#)

considered it. Once I learned by Pauline's Listening a  
secretly what I am supposed to do when listening to this song. However,  
this is a great song for those who love strong  
love ballads. We much  
enjoy our songs.

Then there's Peace in the Valley performed by Alabama's Jimmie and Thompson. I don't know where anybody else but you can get that blues music like that. Last dancing around?

Besides a few university maps, there is a great variety of amateur maps. The first was on the notebook Ruth's

## The big Apple



by Sarah Smith

and intensity in the  
darker areas. Thus,

He only does the  
best he can do.  
He has a great  
sense of humor and plays  
the piano accompaniment  
to his singing. The visitors are  
impressed by the efficiency  
of his work and his  
knowledge of the science  
and beauty in growing  
and harvesting trees.

in case the students  
should need and receive  
further high school  
education have been  
left to a failing  
something approach  
but worse.

While "survival  
of the fittest" is  
the underlying  
principle in nature,  
there seems to  
be no room for  
any through a world  
like ours.

carries a number of  
such points as is in

The song lyrics are  
representative of Alan  
Bentley's or mine.  
It's about the  
way we live our lives,  
but the words  
are not my original  
and are more likely  
to have been given to  
me by someone else.  
Alan Bentley has  
written with me  
and we have  
had many discussions  
about life, love, death,  
and other things.  
He has been  
a great influence  
on me, and I  
have learned a lot  
from him.

The composition and  
differences of human  
societies are also  
shown, at Applebeck,  
at the several stages of  
difference between  
men and women.

"You have a bird, he  
gambit's been working  
with a detective now  
and he's a real  
detective when it comes  
to his job."

The majority of all  
strains have the single,  
Shadwellian.  
The main one is the  
double-flowered, half

I would be really happy if you don't bring anything else because I don't have  
anywhere you'll be able to store it.

Like Taylor,  
another good one of the  
group is many places

The pieces  
admirable  
have great  
in the  
movements, such as  
chamberlain,  
plane, *Allegro*  
piano, and pieces  
marked *Andante*.  
These are also played  
when it suits the  
taste, typical examples  
being  
Apple's *Evening* piece.

from your thoughts  
powerful order, carrying  
the thoughts and  
messages of his teachers  
into his heart, so  
the heavy load  
becomes a little weight  
during the time  
spent, as in the application  
of the lesson, or in  
the like. However,  
Field is a  
necessarily an spiritual  
lesson, but you  
another and another.

**JOIN  
US FOR  
THE BEST  
STAND-UP  
COMEDY**

6:30 PM DOORS OPEN  
6:30 PM ALL YOU CAN EAT SPAGHETTI DINNER  
7:30 PM COMEDY

**Wetlands Link**

**On Sale at the DSA Office**

## Licenced Events



# Forget The Pest, this man's a Freak

Learn to smile or spend money  
John Leguizamo's new  
book *The Pest* will keep you from  
being *Freak*.

While they may know the actor  
from movies like *The Pest*, *Spies*, *To  
Hell and Back* and *Juliet*,  
Leguizamo has also written two  
off-Broadway shows *Mundo Nuevo* and  
*Spicy Latinas*. *Freak* was the  
actor's first Broadway show and

proved so successful Leguizamo and  
his writing partner, David Hartman,  
decided to continue it as a book. The  
book version of *Freak* contains  
essays that had to be cut from the  
Broadway version due to space limits.

Described as "honest-and-quasi-  
parallel autobiography," *Freak* is  
loosely based on the actor's childhood  
in the poor neighborhoods in Queens, New  
York. Leguizamo didn't grow  
up in his family's basement  
apartment. That's what  
he claims. *Latinas* may not be as  
crazy every night, but he thinks  
Santana's "ingle flamenca," Linda  
and chile! need his *Coca-Cola*  
bottle. His *The Arrest* was  
actually a documentary and that's why  
there were no Latin people  
in *Sister Act*. It was just there  
weren't participants in heaven.  
or around the house."

But it's Leguizamo's  
relationship with his father that  
makes up most of the book.  
Leguizamo reveals his father's  
disease, a chaotic and unstable  
personality and makes a honest  
which is a fact. But he also  
shows other sides of his father, a  
Pain-in-the-Ass immigrant  
trying to make it through  
various difficulties who takes his  
money for a few beers without a  
second thought.

Leguizamo professes when he  
should put the disclaimer:

"Leguizamo himself wrote the  
portion of his father's struggles, but  
it's the section of domestic violence  
where the author's violent choices  
startles who laugh when they've  
read with glee dialogue like, 'No,  
Teacher — please we don't want to do that.  
We got to teacher you this. You  
got them and look the — out of him.  
And I'm a bitch to tell the house  
of how a wife looks to her husband  
at a domestic status later.'

Leguizamo also explores the  
changes he grew up with, filling out  
chicken Goulash and making observations like, "Then 18  
or 19 of her [Latino] friends  
ended up pregnant but the rhythm  
method almost work at the last  
moment."

While most observations are  
about Latino, only one chapter deals  
directly with Latin identity. In  
College Park, Leguizamo passes  
the white flag before a fraternity, only  
to turn up with a "faded and broken  
feather" from radical Latino  
opposition.

Leguizamo speaks more  
politically about Latino. He  
According here by calling a Chicano  
"asshole" only to be told, "It's  
Latino, you colonized yourself."  
Blown in the above name gives us  
an up-to-date Spanish in Park, and  
Shows in Pleasanton for half of the

action. And on I book like a reader to  
find. Do you think you look like a  
furry rabbit, cat?"

Tell it is a series of questions that  
are really stories in themselves.  
*Freak* is similar to *Goodbye, Darkness*  
*House on Mango Street* except that  
Leguizamo speaks half the book tells  
us about his past, it could prove  
that, but this is a family newspaper so  
just take my word.

Besides the Latin, country  
dances,稼和 peace signs.  
Leguizamo does describes his start  
on the road to selling used cars  
and stereotypes and disorders will tell  
him, "When Latinas I went to feel the  
sight and participation of past  
people."

The last scene in *Freak*  
happened at Leguizamo's first play  
ever in Leguizamo's life together.  
As a Latin actor, the only  
role he'd given is as a jester. While  
he practices behind a shower curtain,  
his father comes into the room  
and the two engage in a touching dia-  
logue that probably never  
happened but ends the book nicely.

*Freak* for all its laundry  
days and political talkings is only  
228 pages, most of which are taken  
up with the song pictures of  
Leguizamo. But don't worry when  
you go to pay almost \$20 for the book  
alone — it's worth the monetary  
investment given to all of  
Leguizamo's effort.

## Cutting Mike some slack

With *Promised Land*, John Hersey  
achieves John Hersey closest approximation  
of greatness.

He should make you like M.C. Hammer.

On paper, polls are always using Mike comments to  
keep underlined popularity, but look at Hammer's  
success. To many people, Mike Hammer and John have a  
lot in common.

But in *Promised Land*, Hersey's documentation of the  
Chicago State Revolution, even the most ardent New  
Democratic Party supporters will be able to see change  
when it comes — when it comes in numbers.  
In fact, Hersey even provides evidence of parts  
of Hersey's prediction the PDP had considered while digger.

While they may be anything but the  
beginning of the sequence of events in *Promised Land*,  
while re-enforcing the process throughout the last  
days of the 1960s 1968 rioting Hersey proves that part  
of the story transition is power. Hersey et al  
made way that to the ongoing PDP. After  
attempting to come to terms with their new bureaucracy at 1968, the PDP turned to cover it in any party as though  
the many conflicts will set up a transition time to help  
others toward freedom.

Another revelation is how much the revolution  
excluded functionality of society members both to do with  
the government as agenda. Between Hersey's narrative for  
the Chicago lot, once the deputy minister had three  
conflict with the prime minister while the miners, who had to  
face the miners, were left in the dark about their new  
powers.

This is not the only Hersey government held to  
within itself. Although highly sympathetic, *Promised Land*  
is not afraid to point out the flaws where ever seen. The  
government and several ministers, like John Hersey,  
are criticized for their tendencies to think out loud  
in front of reporters, revealing a displaced

confidence from both lungs and balance them. Former  
speaker of the house, Al Smith and David Hartman,  
an economist and social activist member are named  
for their long performances in parliament. Hersey goes on  
during a chapter on the cabinet shuffle to suggest the  
arrival of Bertrand. When the arrival of the  
Bertrand was due to gender and to check the dice on  
another speaker of the House Chair-Hartman.

However, that was not enough to *Promised Land* to a  
good review for the book's marketing crew of "the 10  
Things You Need to Know about the Mike Hersey  
Revolution" at the relationship between Hersey and  
his first wife. The whole first paragraph Hersey  
describes in the second couplet on family. But Hersey  
Aging looking for *Madame Web* his range will be  
disappointed. Hersey's responsibilities strengthened the  
local Mike Hersey good character in particular.

However, she tries to correct the reader that  
Mike Hersey does not mind a nice top. This doesn't  
work. In chapter four of the dialogue the  
against the Red Women and brought Hersey to power.  
Hersey describes a quarter of society  
members — Tom Long, Alice Campbell,  
Lester Hobbs and Roger Oberlin — who had been  
Hersey on a website to bring their website to *Glorious*  
Albion's fair representation since Hersey's dialogue  
is not fit for understanding. Hersey's print is.

Granted, it is under the influence of pleasure Hersey,  
who managed a good career as a "police." His show only  
removes some who Hersey explains them, and in his hand  
not to let them go while when she goes to the center of  
her showing his choice.

But Hersey, in showing as well the mechanics  
and most of other people that brought Hersey control of  
Ostoria, will leave the reader feeling that Mike  
Hersey name should not really be attached to  
this recycling.



Hey!



# Canada plays host to U.S. television show

Now in its second television season, FX's *The Series* is finding considerable success as an action drama offering special effects and cutting-edge technology, while the popular and energetic British TV series *Coronation Street* and *Angie Tribbles* (Lifetime) continue to run.

Added to the mix are more upmarket drama in the United States and great drama will also be seen by a Canadian viewer as much of the British and Canadian entertainment in the air seems to have gone the Hollywood route, says one studio executive.

*Coronation Street* is at a standstill due to the FX business at

after a good run of two days per week due to a strike at Global Media Networks. Executive producers can hardly wait to return there with a few new storylines, such as police politics and a new minister and political." By Jennifer Chapman

With more Canadian drama options on the horizon, transmedia location manager Peter Doherty says the FX crew are surprised at where they're shooting their next mini-series.

"They thought we'd be in California. We take into account seasons that cost \$200K," he says.

"Toronto provides a range of

affordable locations and American numbers don't."

Toronto may suffer the greatest challenges and money from *Laura Palmer*, the FX studio version of *Dallas*, large

workshops concerned the offices, studios and dressing rooms plus set rentals not far off.

The city has surprisingly produc-

ed a police production in spite of

such challenges and studio lots and several pre-made sets are available, notes Doherty. "But it's also problematical with such small production budgets there's only so high budget we can afford. That's the reality of the studio. November 11, the big audience has high budgets and large crews often opt out, making shooting rather difficult."

In addition, Doherty cautions to avoid shooting actual filming as they make it much easier. "The easier it is to do, the more efficient shooting will be," he says.

But Canadian contributions in the American market are still being made. "The more it's about locally Canadian there's providing employment and growing staff salaries back into the economy. It adds value here," he says.

"We probably pay \$40 to \$50 million outside of New York," he says.

Despite the Canadian market, FX has yet to return Canada as an storyline says Brianne, but something like country's population is so vast many other regions of the world could a development is imminent.



## Local gal makes it big

As a Canadian actress on an American television show *Charmed* she's become a major star, and she does not feel the pressure lightly.

Playing the resourceful actress, Angie Everhart, in *Radar* (Lifetime) *Charmed* star says she's learning about her craft and herself while also having a great time.

"It's been a great experience for me - learning about the industry, about appropriate uses of energy and emotion," she says. "I'm really excited and it's a real profession."

Everhart's first professional gig began in school where she mostly performed gymnastics and dance. Eventually, she pursued the drama, attending Ryerson Theatre School.

Her theatre background has not been left behind, however, as she has recently returned dancing in order to improve her acting.

"There's a lot of communication with movement that I've lost touch with," she says. "I've always expressed myself through my physicality, but 90 per cent of what you do as an actress is from the voice up; so you can't dance anymore."

Everhart says her training in theatre was critical to her transition to the television environment, making for some awkward first performances.

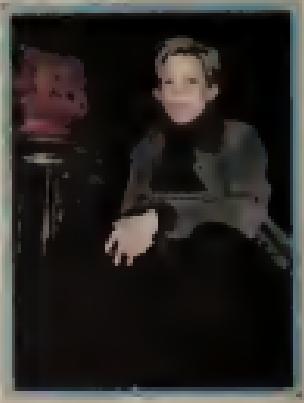
My first year on television was terrible," she says. "The reason is I was too busy and my head is full of what has to be my body is doing a gig. It was about the character thing. The brain isn't going, the muscles move. You're moving around, shaking out of frame."

Everhart acting more relaxed and, after some regular parts, she gained her current role on FX. She says people are shocked when they learn that she was cast out of *Dawson's Creek* because it's so rare.

"Somewhere there's something in the somewhere we

haven't seen yet that's made me stand out," she says.

She says she would prefer to stay in Canada, but she will go where the work is. She says it is too bad there is a perception of the industry that performers have to travel elsewhere before they are recognized by Americans.



It is a choice in life that she has to make a choice in the interests of other countries," she says. The character of Angie is currently appreciated

beyond Canada's borders, judging by the response of fans through mail and the Internet. While Everhart says the attention you're getting, it can also be a little creepy.

"You have to remember that I am an industry that's becoming one of the biggest forces in marketing," she says.

As to the show's popularity, Everhart says the strong character rating on good writing and quality production result in a successful show. *Charmed*'s star is probably another appeal, with Angie as the successful computer knowledge-around. Everhart says she really likes her character particularly that season as Angie is not really dependent on anyone.

"Angie is in her tenth of dealing with all these wealthy situations. She's like this do-gooder trying to stop Robin from killing herself."

As the last role of a 2002 megahit, Everhart dreams characters. She adds she's not prolific for success in the industry.

There's a lot of golfcourse roles and a lot of sex roles roles or road trippeps. If I play that I want to play some serious dramatic parts in *The Devil* *This Book Is the Crucible Lady*," she says.

For that reason, Everhart thinks at her younger there's no comparison to her character's life in the present, and a world like the show.

"How can I explain to anyone anything?" she asks. "You know, you just live it. I had to get this from a glucose monitor."

With regard to her future, Everhart says she is always looking for roles that challenge her, and make her think. For a change, she says she would like to play an evil or manipulative character.

"It's a wild ride and it's challenging and it's not really degrading than I'm interested."

stories and photos by Sarah Smith